

Kristy's Lasagna







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

45 ounce tomato sauce canned
2 teaspoons garlic salt
5 tablespoons penzey's southwest seasoning italian
16 ounce lasagna noodles
1 pound ground beef lean
1 pint part-skim ricotta cheese
2 cups mozzarella cheese shredded

6 ounce tomato paste canned

Equipment	
	sauce pan
	oven
	pot
	baking pan
Diı	rections
	In a large pot cook lasagna noodles in boiling salted water until al dente. Rinse with cool water
	Drain.
	In large sauce pan cook ground beef.
	Drain excess grease.
	Combine tomato sauces and tomato paste with ground beef and simmer until bubbly.
	Add garlic salt and Italian seasoning and reduce heat to low simmer. Cook for 10 minutes.
	To assemble, in the bottom of a 13x9 inch baking dish spread a thin layer of sauce. Next, add a layer of noodles, ricotta cheese, sauce/ground beef mixture, and then grated mozzarella cheese. Repeat until baking dish is filled.
	Garnish top with additional shredded mozzarella cheese.
	In a preheated 375 degree F(190 degree C) oven bake for 30 minutes or until bubbly.
	Let stand for 15 minutes and serve.
Nutrition Facts	
	PROTEIN 27.44% FAT 26.98% CARBS 45.58%

Properties

Glycemic Index:13.08, Glycemic Load:13.6, Inflammation Score:-7, Nutrition Score:18.366087156793%

Nutrients (% of daily need)

Calories: 338.01kcal (16.9%), Fat: 10.2g (15.69%), Saturated Fat: 5.43g (33.97%), Carbohydrates: 38.77g (12.92%), Net Carbohydrates: 34.82g (12.66%), Sugar: 5.82g (6.46%), Cholesterol: 50.41mg (16.8%), Sodium: 1104.27mg (48.01%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 23.35g (46.69%), Selenium: 41.04µg (58.63%),

Phosphorus: 320.85mg (32.08%), Manganese: 0.6mg (30.23%), Calcium: 266.07mg (26.61%), Zinc: 3.86mg (25.73%), Vitamin B12: 1.39 μ g (23.11%), Vitamin B3: 4.09mg (20.46%), Iron: 3.62mg (20.12%), Potassium: 662.16mg (18.92%), Vitamin B6: 0.36mg (18.19%), Vitamin B2: 0.3mg (17.46%), Vitamin K: 17.54 μ g (16.7%), Vitamin A: 803.84IU (16.08%), Fiber: 3.96g (15.84%), Copper: 0.32mg (15.77%), Magnesium: 62.41mg (15.6%), Vitamin E: 2.3mg (15.33%), Vitamin C: 8.79mg (10.66%), Vitamin B5: 0.91mg (9.14%), Folate: 31.47 μ g (7.87%), Vitamin B1: 0.1mg (6.88%), Vitamin D: 0.15 μ g (1.01%)